

New in
2024

FAMILY *Caregivers* CENTER®
of MERCY

An experience in self-expression, self-discovery, and self-care...



With Ellen Szabo, M.Ed.
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write better.
feel better.

“Writing offers us ways to make sense of what happens in our lives, and it can help us to imagine something better. Writing can inspire and transform, and it can promote and support healing...Poetry can illuminate familiar feelings in new ways, opening avenues to insight and self-care.” -Ellen Szabo

Join Us for this Innovative Workshop!

Thursdays, May 9, 16 and 23, 2024

10 a.m. to noon

901 8th Ave. SE, Cedar Rapids or by via Zoom

- ❖ Open to Caregivers, Volunteers, and People living with Chronic Conditions.
- ❖ Co-facilitated by Mary Ann Grobstich, Family Caregiver Center staff member.
- ❖ Space is limited. First time attendees will be given preference.

Please register by May 2 by contacting the Family Caregivers Center at (319) 221-8866 or email fccg@mercy.org.

“Ellen is an absolute gem. She is so respectful, encouraging, inspiring, kind!!!”

-Family Caregivers Center Journaling participant

